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Photo by SSgt Robert Zoellner



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The Combat Edge

Fit to Fight

As we transition to the new Air Force fitness standards, do it right, do it safe, be ready!

My belief is that we are a much different Air Force today. We deploy to all regions of the world, living in tent cities and working on flight lines in extremes of temperatures ... The amount of energy we devote to our fitness programs is not consistent with the growing demands of our warrior culture. It's time to change that.

~ Gen John P. Jumper, USAF Chief of Staff